



## Fact Sheet:

# Social Model Recovery



The social model of alcohol and drug recovery in California has evolved through several generations to what we know as today's model. Social model programs emphasize the process of learning through "doing" and "experiencing" and providing positive role models. Social model programs are cost effective and outcome effective because of their ability to build strong and lasting social support systems.

The roots of modern social model are in the mutual self-help concepts of Alcoholics Anonymous. Individuals struggling with early sobriety often were temporarily homeless and in need of social support systems. Members of Alcoholics Anonymous would often house newer members and act as guides by sharing their own experiences. Since Alcoholics Anonymous, according to its "Traditions," could not be involved in support systems, it became a movement of its own. When public support began to flow into these recovery homes, they became more formalized with program standards and facility licensing.

An example of social model includes Recovery Homes, which are community-based, peer-group oriented, residential facilities that provide food, shelter, and recovery services in a supportive, non-drinking, drug-free environment. Services provided include individual and group recovery planning, alcohol and

drug recovery education, group support, recreational activities, assistance in

obtaining health, social, vocational and other community services.

Typically, the home is cheerful, warm and accepting, and provides an environment in which the recovering alcoholic or addict has the opportunity to make a positive change in lifestyle with an alcohol- and drug-free environment and positive role models.

The major goal of a recovery home is to provide an environment in which men and women recovering from alcoholism and drug addiction will experience a sober, functioning lifestyle, and return to the community as a responsible drug-free individual.

A nonresidential Social Model Program is a community-based program that provides a sober supportive environment, offers services to persons with alcohol- or drug-related problems, and educates the surrounding community concerning such problems in order to reduce alcohol- or drug-related problems including alcoholism or drug addiction.